

October

Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00am Strong & Limber Lorna	9:00-10:00am  Renee	9:00-10:00am Strong & Limber Lorna	9:00-10:00am  Renee	9:00-10:00am Tai-Chi  Renee	9:00-10:00am  Michaele
10:15am-11:30am Premier! Yoga for Stiff People Lorna		10:15am-11:30am Premier! Yoga for Stiff People Lorna			10:00-11:00am Inspired Yopalates Michaele
	12:15-1:15pm Tabata Boot camp Michaele	12:15-1pm  Michaele	12:15-1:15pm Floor play Michaele		11:00-12:00  Renee
12:15-1pm  Michaele	1:30-2:30pm Beginner / intermediate Line Dance Dan			12:15-1:00pm  Michaele	12:00-1:00 Classic  Renee
5:30-6:30pm   Hybrid Hour Renee	5:30-6:30pm Tabata Boot camp Michaele	5:30-6:30pm  Michaele	5:30-6:30pm Tabata boot camp Michaele	5:30-6:30  Jessica	
	6:30-7:30  Danielle		6:30-7:30  Danielle		

***Attention: ***

Classes may be held outside the Adorni center if weather permits!

Some fitness classes will not be resuming right away. Please see the front counter for more information.

*Premier classes now offered for additional fees. Inquire at the front counter for more information.

*If you are injured, pregnant, or attending a class for the first time, please introduce yourself to the instructor and make them aware of your circumstances.